**BBQ FISH – FENNEL BRAISE – CHERRY TOMATO – FENNEL SALAD**

**1 fish filet**

**50 g cherry tomatoes**

**100 to 150g clams**

**30 g squid**

**5 g dried wakame**

**150 g fennel braised**

**1 portion of fennel salad**

**BRINED FISH**

**Fish portion 150g filet**

**2 kg water**

**300 g salt**

**2 kg ice**

* Dissolve the salt into the water by heating it up
* Once dissolve, add the ice.
* Once the brine is cold, add the toothfish and brine for 5 to 10 minute depending on the thickness of the fish filet
* Drain the fish well

**FISH SOUP**

**2 g Rock fishk**

**1 kg lobster head crushed**

**500 g potato**

**400 g red onion large mirepoix**

**400 g fennel large mirepoix**

**300 g red capsicum large mirepoix**

**150 g garlic crushed**

**100 g long red chili sliced**

**30 g tomato paste**

**250 g pastis, ricard or pernod**

**2 kg tomato crushed or peeled in tin**

**6 kg water or chicken stock**

**3 g saffron**

**3 bay leaf**

**3 star anis**

* Heat up the oil in a pan, add the crush garlic and let get golden then add the onion and cook until translucide (3 minutes)
* Add the fennel and red capsicum and cook for 5 to 8 minutes until some color appear.
* Add the crush lobster head and cook until it start to turn red
* Add the fish and cook for 10 minutes
* Add the tomato paste and cook for a few minute
* Add the pastis, crushed tomato tin & the spices. Bring to boil
* Add the water and saffron. Bring to boil, reduce to simmer and let cook for 60 to 90 minutes.
* Take off the heat and let cool down for 30 minute
* Blend the soup and pass it through a chinois

**BRAISED FENNEL**

1 kg fennel 2 cm diced

300 g brown onion 2cm diced

50 g garlic finely sliced

100 g long green chili finely sliced

1 kg chopped tomato tin

2 kg fish soup

5 g thyme leaves

5 g chili flakes ( optional, depending on the spiciness of the green chili)

0,5 g saffron

150 g Ricard/Pernod

100 g olive oil

* In a wide pan, heat up the olive oil
* Add in the garlic and fry for a couple of minute until fragrant
* Add the onion, fennel and chili and cook until soft
* Add the saffron and Pernod. Reduce by half
* Add the tomatoes, thyme and fish soup, cook until it a nice braised consistency and soft fennel
* Check seasoning and reserve for service

**FENNEL SALAD**

**20 g finely shaved fennel and fennel tops**

**5 g dill**

**10 g shallots finely sliced**

**Olive oil & lemon**

**Salt & pepper**